What is Claimed is:

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- 1. A three dimensional waffleweave, comprising a plurality of light coloring yarns interlaced with a plurality of dark coloring yarns to form a plurality of waffleweave units, wherein each of said waffleweave units, having an oblong shaped, defines four sidewalls and a center region within said four sidewalls, wherein said center region of each of said waffleweave units is woven by said light coloring yarns and each said sidewall of each of said waffleweave units is woven by two said dark coloring yarns while one of said dark coloring yarns is woven to float on said center region as a shading yarn, such that a contrast of light and shade is created through said light coloring yarns and said dark coloring yarns to enhance a three dimensional stitching effect of said waffleweave.
- 2. The three dimensional waffleweave, wherein said light coloring yarns and said dark coloring yarns are longitudinally extending to form a warp portion of each of said waffleweave units and said light coloring yarns and said dark coloring yarns are transversely extending to form a weft portion of each of said waffleweave units, wherein said light coloring yarns of said warp portion are interlaced with said light coloring yarns of said weft portion to form said center region, wherein said dark coloring yarns of said warp portion are interlaced with said dark coloring yarns of said sidewalls.
- 3. The three dimensional waffleweave, as recited in claim 2, wherein one of said dark coloring yarns within said warp portion is woven in a floating manner to form said shading yarn of said respective sidewall and one of said dark coloring yarns within said weft portion is woven in a floating manner to form said shading yarn of another said sidewall, wherein said two shading yarns are extended in an end-to-end manner to form a L-shaped shading boundary of said respective waffleweave unit to create said contrast of light and shade with respect to said center region.
 - 4. The three dimensional waffleweave, as recited in claim 3, wherein said warp yarn portion of each of said waffleweave units is formed by six said light coloring yarns and two dark coloring yarns extending longitudinally, wherein one of said two dark coloring yarns is woven to float on said six light coloring yarns as said shading yarn.

- 5. The three dimensional waffleweave, as recited in claim 3, wherein said weft portion of each of said waffleweave units is formed by four said light color warp and two dark yarns extending transversely, wherein one of said two dark coloring yarns is woven to float on said four light coloring yarns as said shading yarn.
- 6. The three dimensional waffleweave, as recited in claim 4, wherein said weft portion of each of said waffleweave units is formed by four said light color warp and two dark yarns extending transversely, wherein one of said two dark coloring yarns is woven to float on said four light coloring yarns as said shading yarn.
- 7. The three dimensional waffleweave, as recited in claim 1, wherein said two shading yarns of said two adjacent sidewalls of each of said waffleweave units are extended in an end-to-end manner to form a L-shaped shading boundary of said respective waffleweave unit to create said contrast of light and shade with respect to said center region.
- 8. A method of stitching a three dimensional waffleweave, comprising the steps of:
 - (a) weaving a plurality of light coloring yarns;

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- (b) weaving a plurality of dark coloring yarns to interlace with said light coloring yarns to form a plurality of waffleweave units, wherein each of said waffleweave units, having an oblong shaped, defines four sidewalls and a center region within said four sidewalls, wherein said center region of each of said waffleweave units is woven by said light coloring yarns and each sidewall of each of said waffleweave units is woven by two dark coloring yarns; and
- (c) weaving one of said dark coloring yarns on said respective sidewall of each of said waffleweave units to float on said center region thereof as a shading yarn, such that a contrast of light and shade is created through said light coloring yarns and said dark coloring yarns to enhance a three dimensional stitching effect of said waffleweave.
- 9. The method, as recited in claim 8, in the step (b), further comprising the steps of:

- (b.1) longitudinally aligning said light coloring yarns and said dark coloring yarns to form a warp portion of each of said waffleweave units;
- (b.2) transversely aligning said light coloring yarns and said dark coloring yarns to form a weft portion of each of said waffleweave units;
- (b.3) weaving said light coloring yarns of said warp portion to interlace with said light coloring yarns of said weft portion to form said center region; and

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- (b.4) weaving said dark coloring yarns of said warp portion to interlace with said dark coloring yarns of said weft portion to form said sidewalls.
- 10. The method, as recited in claim 9, in step (c), further comprising the steps of:
 - (c.1) weaving one of said dark coloring yarns within said warp portion in a floating manner to form said shading yarn of said respective sidewall; and
 - (c.2) weaving one of said dark coloring yarns within said west portion in a floating manner to form said shading yarn of another said sidewall, wherein said two shading yarns are extended in an end-to-end manner to form a L-shaped shading boundary of said respective wasfleweave unit to create said contrast of light and shade with respect to said center region.
 - 11. The method, as recited in claim 9, wherein said warp yarn portion of each of said waffleweave units is formed by six said light coloring yarns and two dark coloring yarns extending longitudinally, wherein one of said two dark coloring yarns is woven to float on said six light coloring yarns as said shading yarn.
 - 12. The method, as recited in claim 10, wherein said warp yarn portion of each of said waffleweave units is formed by six said light coloring yarns and two dark coloring yarns extending longitudinally, wherein one of said two dark coloring yarns is woven to float on said six light coloring yarns as said shading yarn.
 - 13. The method, as recited in claim 9, wherein said weft portion of each of said waffleweave units is formed by four said light color warp and two dark yarns

extending transversely, wherein one of said two dark coloring yarns is woven to float on said four light coloring yarns as said shading yarn.

14. The method, as recited in claim 12, wherein said west portion of each of said wasfleweave units is formed by four said light color warp and two dark yarns extending transversely, wherein one of said two dark coloring yarns is woven to float on said four light coloring yarns as said shading yarn.

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15. The method, as recited in claim 8, in step (c), wherein said two shading yarns of said two adjacent sidewalls of each of said waffleweave units are extended in an end-to-end manner to form a L-shaped shading boundary of said respective waffleweave unit to create said contrast of light and shade with respect to said center region.